



# The Journal

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May 4, 2017

## WRB and NSAB Participate in Take Our Daughters and Sons to Work Day



U.S. Navy photo by MC3 William Phillips



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Month of  
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# Walter Reed Bethesda Conducts Emergency Response Drill

By Bernard S. Little  
WRNMMC Command  
Communications

Walter Reed Bethesda conducted an unannounced active shooter emergency response drill, also called a Code White exercise, April 25 at the medical center.

Units and offices were locked down as beneficiaries, staff members and others sheltered in place for the duration of the exercise.

The medical center regularly conducts exercises to test its emergency response plans and procedures, explained Chris Gillette, WRNMMC command emergency manager.

During an active shooter emergency response drill, and especially so during an actual Code White, “the hospital should be quiet and look empty,” explained Melissa Knapp, program manager for WRNMMC’s Department of Emergency Management. She explained this means: closing, locking and barricading all doors; turning off all lights; closing blinds; turning off computer screens; and silencing all phones, especially personal cell phones. Staff members should move personnel and visitors from lobbies and general waiting areas into interior spaces to immediately shelter-in-place.

Gillette and Knapp stressed people should not huddle together during a Code White. “Spread out and disperse as much as possible; use multiple rooms to shelter-in-place; and lock and, if possible,



PHOTO BY BERNARD S. LITTLE

**During a Code White exercise at Walter Reed Bethesda April 25, service members ensure no one is allowed to enter or exit building and personnel shelter in place to ensure their safety.**

barricade doors. Attempt to make every effort to continue emergency and resuscitative patient care,” they explained.

On July 6, 2016, WRNMMC and Naval Support Activity Bethesda activated a Code White in response to a report of suspected gun fire in the Tower. The base was locked down for approximately four hours, employees and visitors sheltered in place, and base police responded to the scene as multiple law enforcement personnel from throughout the National Capital Region rushed to NSAB to provide support.

No evidence of a shooting was found after officers conducted a

floor-to-floor, office-by-office search of the building.

“The good thing was that it was a false alarm. However, it was also a very stressful time for all of our staff, patients and visitors,” Gillette said.

“Our primary objective during any incident is life safety,” Gillette emphasized. “We conduct exercises to help maximize the safety and security of our staff, beneficiaries and visitors while they are here at WRNMMC,” he added.

For more information about emergency management at Walter Reed Bethesda, call Chris Gillette at 301-295-3115, or Melissa Knapp at 301-319-4906.

## Bethesda Notebook

**Resiliency Week**

Resiliency Week at Walter Reed Bethesda is May 8-12. There will be a kick-off rally and cake-cutting ceremony Monday at 11 a.m. in the lobby of Bldg. 10. Other events are planned throughout the week, including a resiliency fair Wednesday 10 a.m. to 2 p.m. in the America Zone lobby in Bldg. 19. There will also be a health walk beginning at noon on Friday on the track in front of the Tower. Everyone is encouraged to participate in all activities.

**TeamSTEPPS Training**

The two-day Train the Trainer Course for TeamSTEPPS is scheduled for May 11-12 from 8 a.m. to 4:30 p.m. in Building 5, Heroes Zone, fourth floor, room 4028. TeamSTEPPS is designed to improve patient outcomes by improving communication and teamwork skills. To register, contact Hospital Education and Training at [classregistration@health.mil](mailto:classregistration@health.mil), or call 301-319-5209.

**Pre-retirement Seminars**

Two-day pre-retirement seminars open to Walter Reed National Military Medical Center’s Department of Defense GS employees planning to retire within the next five years, are scheduled for June 6-7, July 26-27, and Aug. 22-23. Pre-registration is required. Registration forms will be available on the National Capital Region, Medical Directorate MD website: <http://www.capmed.mil/>, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact [dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil](mailto:dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil).

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## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC3 William Phillips  
WRNMMC Editor Bernard Little

Writers MC2 Kevin Cunningham  
Andrew Damstedt  
Kalila Fleming  
Megan Garcia  
Joseph Nieves

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain’s Office	301-319-4443
	301-319-4706
Installation SARC	
Priscilla DePinto	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225



# Warrior Transition Brigade-NCR Marks 10 Years

By Andrew Damstedt  
The Journal

During its first 10 years, the Warrior Transition Brigade-National Capital Region has helped 5,476 wounded, ill or injured Soldiers.

“The unit was [created] to assist Soldiers and their families – who were predominantly at that time ones who were wounded – to assist them in their healing and their transition either back into the Force or to become productive veterans,” said WTB-NCR Commander Col. Christopher Boyle. “What we saw in 2007 in the height of our wars in Afghanistan and Iraq – that although we were giving great medical care to our Soldiers – the support apparatus needed to be a little more robust.”

On May 5, the WTB is hosting an event at the D.C. Armory to commemorate its first decade with invitations sent out to past alumni, employees and caregivers.

The program includes remarks by Boyle as well as WTB-NCR’s first commander, Maj. Gen. Terrance McKenrick; and Lt. Gen. Gary Cheek, a former commanding general of the Warrior Transition Command.

The Warrior Transition Brigade’s mission is to heal, educate and transition.

“We’re preparing the Soldier and their family to return back to the force – make sure their military skills are up to par – and that they continue to develop professionally during their time of healing,” Boyle said.

And if a Soldier cannot continue their military service, Boyle said the WTB connects them with programs so they can be productive in their next phase of life.

“We want to make sure that they have the skills and the attributes that are required to be a productive veteran,” he said. “To make sure they have the ability to go out and do interviews and get jobs and are able to translate what they’ve done in the military.”

So far, 617 Soldiers have completed internships while in the WTB, with 140 of them getting jobs from their internships.

In addition to employment opportunities, the WTB offers adaptive sports, wellness and art programs.

There are around 150 civilian and military employees working for the WTB including squad leaders, nurse case managers, occupational therapists, physical therapists, and administrative staff.

Boyle shared an experience of the dedication the employees have for the WTB Soldiers by recounting how they stayed by the bedside of a terminally ill Soldier who didn’t have family to stay with him as he was dying.

“It happened to be over Thanksgiving of 2015, and what I didn’t know, what I found out after was the squad leader, the staff sergeant, his nurse case manager, his platoon sergeant, and his social worker essentially did a 24-hour vigil over Thanksgiving weekend to make sure that he didn’t pass away by himself,” Boyle said.

Another aspect of Boyle’s job as WTB commander is meeting the family when a Soldier is medically evacuated to the installation.

“In many cases you’re going to meet a spouse, maybe mom or dad or other family members who the military has brought in to support that Soldier and your inclination is when you’re going to meet a



WTB COURTESY PHOTO

**The Warrior Transition Brigade has helped almost 5,500 Soldiers during its first 10 years. The WTB is celebrating its 10-year anniversary May 5 at the D.C. Armory.**

mother of a Soldier is that her thought may be ‘I gave you my son or daughter and this is what you’re giving back to me,’” he said. “But it’s been quite the opposite. I’ve gone up there several times, see a Soldier in the ICU, who has a lot of instrumentation, monitors, tubes and the first thing the parents do is thank us.”

The WTB helps the families of Soldiers who become part of the brigade.

“We know this isn’t just about the Soldiers, in many cases we’ve uprooted the family who’s come to support the Soldier, spouses, moms, dads, kids, they need as much support as the Soldiers,” he said.

One of those caregivers was Linda Rasnake, who cared for her husband in 2006 while he was receiving treatment for a back injury at the former Walter Reed Army Medical Center. After a bad experience finding a place to stay, she vowed to not let any caregiver go through the same experience. She worked to help other family members while caring for her husband and was offered a job as a family readiness support assistant when the Warrior Transition Brigade was established.

“People have recognized the roles of the caregiver side and that they’re not just here hanging out, not doing anything,” Rasnake said. “They play such important roles in the recovery of our Wounded Warriors. It’s unbelievable. There’s scholarships out there for caregivers; there’s retreats for caregivers.”

Housing also improved when the WTB moved to its current location at Naval Support Activity Bethesda, she said.

“Here you have mini apartments,” she said. “It’s like a real life instead of hotel living.”

One thing she’d like people to do is interact with the wounded, ill, and injured Soldiers when they move into their communities.

“If you notice somebody is on prosthetic legs, don’t be afraid to go talk to them,” she said. “Don’t be afraid to ask them what happened to them. They are not going to bite; they’re just like everyone else. Don’t stare them down; just accept them as a part of your community.”

Another employee who’s been with the WTB since

the start is retired Lt. Col. Patricia Stephen-Blake, a nurse case manager. She does intake interviews for Soldiers coming to the WTB.

“We usually have young Soldiers, who sometimes have very devastating illnesses, and they need all the help that they can get when it comes to medicine because they are not familiar with anything in the medical process,” Stephen-Blake said.

Healthcare access for Soldiers has improved as well as being able to better identify their needs and help them transition, she said.

“We’re here for the Soldiers and their families and we try to meet their medical and emotional needs,” she said.



## WTB Fast Facts:

- Nearly 5,500 Soldiers are program alumni
- 617 WTB Soldiers completed internships
- 140 becoming employed through internships
- 150 Number of WTB employees



# Walter Reed Bethesda Assumes A Younger Look

By Bernard S. Little  
WRNMMC Command  
Communications

“Why is Walter Reed National Military Medical Center called ‘The President’s Hospital?’”

This was one of the questions Army Col. Michael S. Heimall, WRNMMC director, asked his young audience in Memorial Auditorium on April 27 during the annual Take Your Kids to Work Day at the medical center.

The responses from kids included: “Because there are a lot of federal workers [at WRNMMC]”; “Because the president comes [to WRNMMC] for health care”; and “Because this is the military,” yelled one enthusiastic youngster.

Although all were good answers, none were correct, said the WRNMMC director.

Heimall explained Walter Reed Bethesda is called The President’s Hospital because it was the idea and designed by the 32nd President of the United States, Franklin Delano Roosevelt.

“In 1938, President Roosevelt saw World War II coming. He had been a former assistant secretary of the Navy during World War I, and he



PHOTO BY BERNARD S. LITTLE

**During Take Our Kids To Work Day April 27 at Walter Reed Bethesda, Sailors, Soldiers and others explained the purpose of the facility dogs at the medical center in the healing, therapy, and well-being of beneficiaries and staff.**

witnessed the Navy and Marine casualties coming from that war. He saw the Army had a great medical infrastructure in Walter Reed General Hospital, opened in 1909, to take care of wounded Soldiers from World War I and earlier conflicts. President Roosevelt wanted to make sure there was a Navy hospital to take care of Sailors and Marines who would be injured during World War II,” Heimall added.

The colonel further explained that when Roosevelt was campaigning for his re-election in 1936, he visited Nebraska and was impressed by their state capitol building. In 1937, he penned on a piece of White House stationery, the design for a hospital based on the Nebraska State Capitol Building. “He handed it to his staff and said, ‘Go forth and build me this hospital.’” This design became the main hospital building, also called

the Tower, at National Naval Medical Center in Bethesda, Maryland, which opened in 1942.

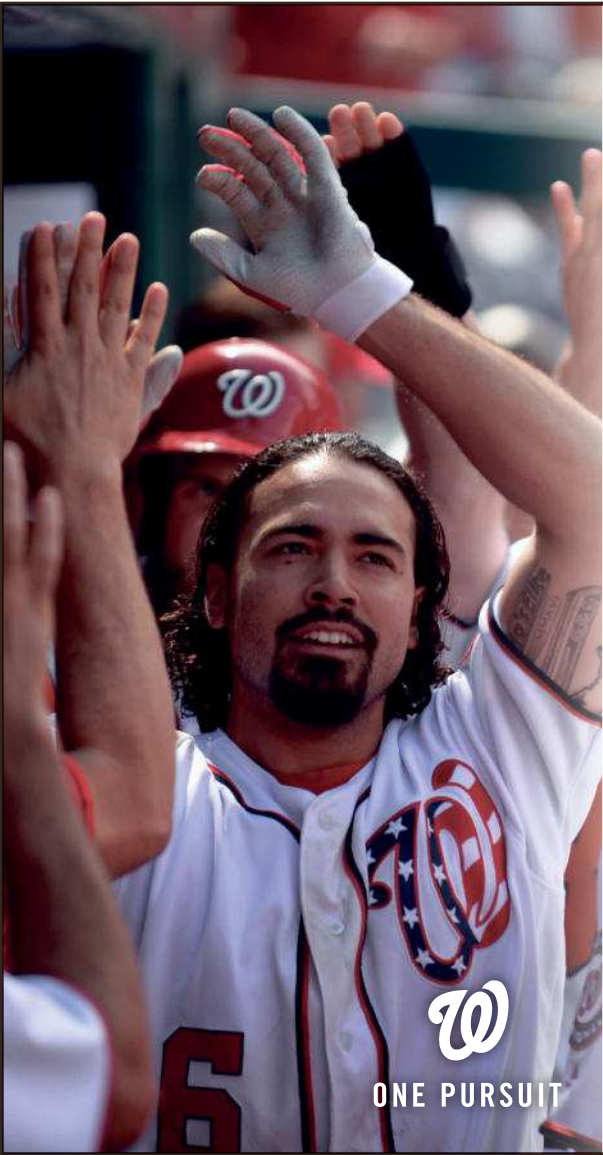
Heimall’s next question to his captive young audience was, “Does anybody know who Walter Reed was?” A young girl correctly answered, Walter Reed was the U.S. Army doctor who led the team that confirmed yellow fever is transmitted by a particular mosquito species.

After commending the response, Heimall added the discovery by Reed’s team of investigators in 1900 helped saved numerous lives and gave impetus to the new fields of epidemiology and biomedicine.

Heimall also pointed out that Reed was the youngest-ever recipient of a medical doctor degree in the United States, earning it at the age of 17 in 1869. “[Walter Reed Bethesda] serves as a legacy to this “great physician, innovator, discoverer, researcher and educator, [and it is] located where Navy medicine grounded its roots.

“Walter Reed Bethesda is where military medicine cares for its most severely wounded service members from the nation’s wars, and that is an absolute great privilege to do,”

See **KIDS**  
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# NSAB Set to Host Styx and Eddie Money

By MC3 William Phillips  
Naval Support Activity Bethesda Public Affairs

Naval Support Activity Bethesda (NSAB) will host a concert featuring the bands Styx and Eddie Money May 13 at the Morale, Welfare and Recreation (MWR) Sports Complex.

“The concert is an opportunity to give to our customers,” said Courtney Silvestre, Fleet and Family Readiness Director. “We want to provide them with an experience that we have never been able to offer them at Bethesda.”

According to Silvestre a confluence of challenging factors led to the artists that were chosen.

“It’s a very long process,” said Silvestre. “We have to get the artist schedules a year in advance, so getting

them has a lot to do with the timing, like when the base can support the event, along with when the artists are available to perform. There are a lot of moving pieces.”

“Styx was the first group to say ‘let’s make this happen,’” said Silvestre. “Both Styx and Eddie Money were very enthusiastic in making this happen.”

She said if MWR could get the funding NSAB would do a concert every year.

There will be food trucks offering a variety of refreshments at the event.

“We have six food trucks coming,” said Silvestre. “Four of the trucks will have dinner foods like: barbecue, pizza, hot dogs and Creole. The other two trucks will be dessert food trucks.”

MWR is expecting a sizable turnout and for the people to have fun.

“So far, we have sold 1,400 tickets,” said Silvestre. “My

expectations are — no matter what the weather is like — the people in attendance are going to have a good time. They are going to enjoy their families, friends and the community they work in.”

Anyone with base access is able to attend the concert.

“Everyone from active duty service members to DoD civilians are able to come,” said Silvestre. “As long as you can get on base, you can print out a ticket and come.”

For more information about the concert go to [www.freedomlivendw.com](http://www.freedomlivendw.com)

**MWR Concert**  
When: May 13, 7 p.m., doors open 5:30 p.m.  
Where: Gates 2, 3, 4, 5, open at 4 p.m.  
Parking: Bldg. 32 or USU parking garage, handicap parking on Stone Lake Road

## KIDS

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Heimall added. “Your parents, and the people who brought you here today, are grateful for how we do that, and they do it phenomenally well every day. I’m incredibly proud to be able to serve with them.

“I hope you leave here with an understanding that medicine is all about service to others,” the WRNMMC director added. “All who work [at WRNMMC] is committed to taking care of others, and each one has a critical role in doing that. One of the greatest things for young people to understand and leave here with today, is a commitment to helping other

people every day, and that’s what’s so wonderful about the field we get to work in,” he concluded.

During their day at WRNMMC, the kids participated in a variety of activities, including morning colors, proper hand-washing techniques, use of instruments in the Pediatrics Specialty Care Clinic to check their vision and hearing, and they saw state-of-the-art equipment used in rehabilitation in the Military Advanced Treatment Center and Occupational Therapy Clinic. They also learned about the WRNMMC facility dogs and their role in healing, therapy and facilitating well-being at the medical center. The kids also participated in a discussion about the parts of the body with representatives from the National Museum of Health and Medicine. There were other stops

throughout the medical center where the kids learned about other aspects of military medical care and the services provided at the nation’s flagship military treatment facility.

Frederick Kelly, a patient advocate at WRNMMC, brought his three daughters, Cassidy, 11, Caitlyn, 10, and Helena, 8, to WRNMMC for the day. “I brought them here to experience what I experience every day. I want them to get to know how we help other people who come here, especially our wounded service members and their families,” said Kelly, who is also a veteran having served more than two decades in the Navy. He added all three of his daughters were born at WRNMMC, so the medical center is “especially special” to him.

Cassidy said she felt really good about



coming to work with her dad. “We get to do this fun program and learn many things,” she added.

“My kids are always asking to come here and see where I work, said Chief Petty Officer Amanie Roberts. “I never want them to miss school because they have perfect attendance, but today was a great opportunity to bring them,” said the Sailor, who brought her sons, Amari, 10, and twins Amir and Amil, 7, with her to work for the day.

Hanh Nguyen, who works in WRNMMC’s Ultrasound Department, brought her children, Aaron, 12, and Sophie, 9, with her to work for the day. “I really want to show them what I do every day. I tell them what I do, but I really want them to actually see what I do, and other fields as well. They’re very excited to be here.”

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# Denim Day Observed on NSAB

By Andrew Damstedt  
The Journal

While Sexual Assault Awareness and Prevention Month is now over, senior leaders encouraged people to keep talking about the issue throughout the year.

At a Denim Day event, April 26, there was a skit re-enacting the origins of Denim Day and poems about sexual assault were performed in front of Walter Reed National Military Medical Center's tower.

Army 1st Sgt. Quincy Martin, through a poem, related an experience of his sister being sexually assaulted when they were growing up.

"She yelled at me and said, 'You're right/You will never understand the stings that I've been through/All the pain that I had to suffer/And when you left the years of my life just continued to get rougher/And I never told you this, but when I was younger/A close friend of the family slid underneath my covers/He made her think it was cool for him to touch her/And she said I cried for you brother, but you never came,'" Martin said.

Martin shared later how he had never addressed this before in his writing.

"It's something I really didn't address

or put on paper before. It's kind of a therapy for me, first time I ever did something like that – it actually felt kind of good letting it out," he said. "I hope my poem can bring some to understand how serious this issue is [as] a lot of people might not be close to people who've actually been through it or they have been and haven't spoken out. And that's the same thing that was with my sister I just didn't know for a long time what happened to her until she told me."

At the Denim Day event, NSAB Commanding Officer Capt. Marvin L. Jones encouraged those in teal "Eliminate Sexual Assault" t-shirts to wear them throughout the year.

"Wear it. Have a conversation. That's a conversation starter right there," Jones said. "I have one that has an elephant on it, and people say 'Why you walking around with an elephant? Are you a Republican?' I say, 'It's not about political parties; there's an elephant in the room and we don't talk about it. Let's have that conversation about the elephant in the room and that' sexual assault and we've got to stop it.' And it starts with us."

Col. Richard Lindsay, Commander, U.S. Army Element North Walter Reed Bethesda, said Denim Day is a reminder that sexual assault is still a problem.



PHOTO BY MC3 WILLIAM PHILLIPS

**Service members and civilians gathered to observe Denim Day April 26 aboard Naval Support Activity Bethesda. The event was a U.S. Army led program focused on sexual assault prevention.**

"It lets us – all of us across the world – know that things like this ... still happen," he said. "It allows concerned citizens around the country and around the world say, 'No, sexual assault is not OK. It's not OK in my organization, my unit, my hospital or wherever you're at. We all need to be a part of the solution ... We need to watch out for each other.'"

After the formal program, people walked around the track in front of the flagpole, which was led by the

medical facility dog team and had the opportunity to pick up information about the Sexual Assault Prevention and Response Office and Sexual Harassment/Assault Response and Prevention.

The SAPR Victim Advocate 24/7 call line is 301-442-8225, and the SARC 24/7 call line is 301-442-2053. The DOD Safe Helpline for confidential victim assistance is 1-877-995-5427 or [www.safehelpline.org](http://www.safehelpline.org).



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# Mets Visit USO

Photo by MC3 William Phillips

The New York Mets visited the USO for a meet and greet with service members aboard Naval Support Activity Bethesda April 28. The Mets visited in conjunction with a series of games at Nationals Park. Service members were able to interact with players and coaches while getting autographs, playing foosball and air hockey.



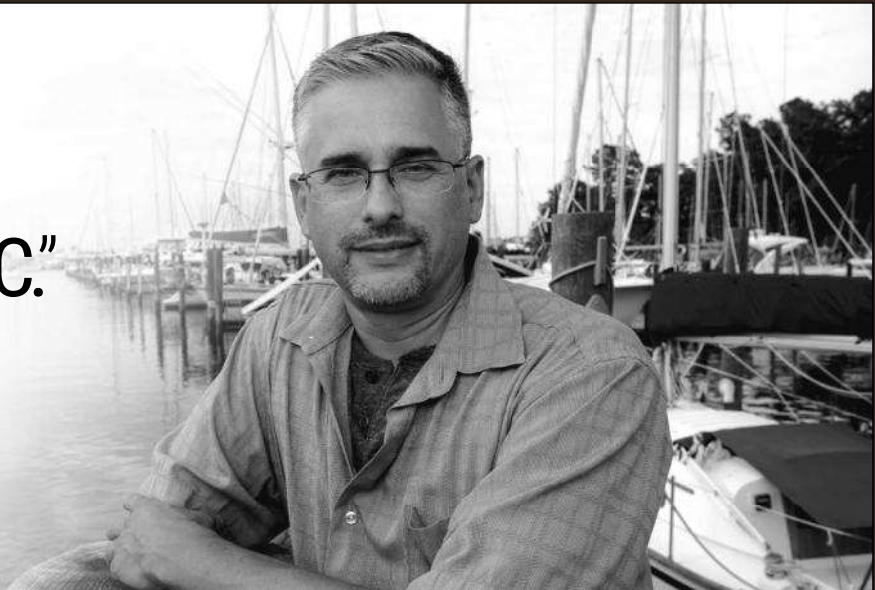
# CDC Holds Carnival

Photo by MC3 William Phillips

As part of the Month of the Military Child celebration in April, the Child Development Centers hosted a carnival and cookout April 28 for children and their parents. Throughout the month, the children participated in events related to the theme of “Welcome to the Big Top!” by decorated the buildings as a circus, ribbon dancing, juggling, ring toss and other circus-themed activities.

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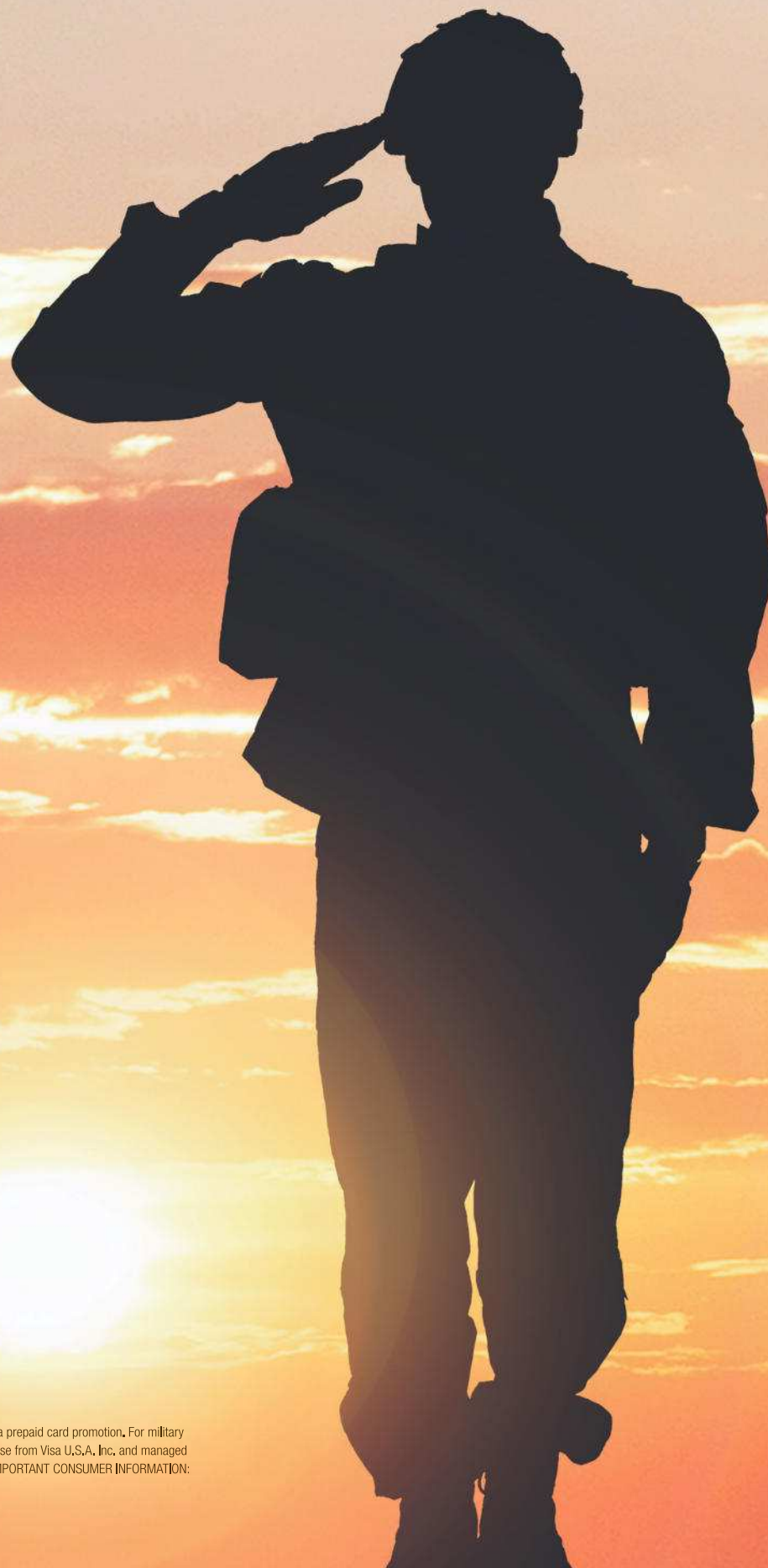


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5/5 11 am-2 pm Cinco de Mayo Lunch-Warrior Café, Bldg. 62  
3-6 pm Cinco de Mayo-Below Deck Pub, Bldg. 64

5/13 8 am Luray Caverns Trip-Open to All \$40, \*Liberty Price \$20  
7 pm Styx with special guest **Eddie Money** Concert  
Doors open at 5:30 pm-RAIN OR SHINE!

5/14 10 am-2 pm Mother's Day Champagne Brunch-Warrior Café, Bldg. 62, for reservations, call 301-400-0127 or see Café cashier.

### MARK YOUR CALENDARS....COMING SOON

5/18 5-7 pm Wine and Paint- Bowling Center Party Room  
Open to All \$35

5/24 11 am-12 pm LUAU Lunch-Warrior Café, Bldg. 62  
Aloha Hula Dancers, Music, Kalua Pork, Huli-Huli Chicken and more

6/10 10 am Color Me 5K  
Register online by 6/8 nsabcolorme5k2017.eventbrite.com  
Early bird pricing ends May 26!

6/17 6-9 pm Daddy Daughter Dance, Bldg. 17 Gymnasium  
Register online by 6/14 daddy-daughter-dance-2017.eventbrite.com

## Liberty Center Bldg. 11

Liberty patrons include WII, NMA, Geo-Bachelor, E1-E6 (\*Liberty Eligible Price)

**PH 301-319-8431**

5/6 Departs 8 am Regional Paintball Tournament Trip FREE

5/9 5 pm Mother's Day Card Making FREE

5/17 6 pm Girls Night In-Girls only! Spa services-Mani, Pedi, Massage-FREE

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